Serving the U.S. Army Community in Hawaii * www.hawaiiarmyweekly.com



83 Tropic Lightning Soldiers earn EIB

Story and photo by STAFF SGT. SEAN EVERETTE

2nd Brigade Combat Team Public Affairs

SCHOFIELD BARRACKS — Soldiers from the 25th Infantry Division's 2nd Stryker Brigade Combat Team and its 3rd Brigade Combat Team pinned on their Expert Infantryman badges in a ceremony, here, Friday.

Out of more than a thousand who started, in the end, only 83 of the Soldiers who spent two weeks training proved they had the skills and stamina necessary to be called expert infantry-

Of those 83, three Soldiers were "True

"It's a prestige award that is worn proudly by any infantryman who has earned it," said Command Sgt. Maj. Richard Seymour, EIB president and senior enlisted leader, 1st Battalion, 14th

Inf. Regiment, 2nd SBCT. Earning the EIB is not an easy thing to do. Of 1,114 Soldiers who began the training and qualification Nov. 26, only 7.5 percent finished.

The men had to qualify expert on their assigned weapon, score a 75 percent or better on their physical fitness test, pass day and night land navigation, finish 40 Blue," meaning they received first-time individual tasks while going through

"GOs" during all of the qualification lanes, and complete a 12-mile road march in less than three hours while carrving a combat load.

> Each Soldier could receive only two "NO GOs" during their individual tasks. Any more and they were eliminated.

> "One of the reasons I felt I did so well is because I'm a staff sergeant with six years in," said Staff Sgt. Joel Williams, Company B, 1st Bn., 14 Inf. Regt., 2nd SBCT. "A lot of the new guys had never seen some of the tasks before. I was fortunate I had that experience."

Williams was one of three True Blue Soldiers. This was his third attempt at

See EIB, A-6



Spc. Edmond Lapointe (left), Co. A, 1st Bn., 21st Inf. Regt., 2nd SBCT, 25th ID, secures an opposing force local national during the urban operations lane at the EIB qualification, held at Schofield Barracks' East Range, Dec. 3-7.



Photo courtesy U.S. Army

Spc. Jimmy Kratt (right), Co. D, 53rd Sig. Bn., 1st Space Bde., looks over the shoulder of Staff Sgt. Zachary McElroy, Co. C, 3rd STB, 3rd BCT, 25th ID, as he provides insight into the operation of a TACSAT.

Space Soldiers assist 25th ID in the field

STAFF SGT. SALVADOR COTA AND RAAF SGT. PHILLIP DUGGAN

Wideband Satellite Communications Center SCHOFIELD BARRACKS — Satellite controllers of Company D, 53rd Signal Battalion, 1st Space Brigade, came down to earth to share a hands-on learning experience of the challenges facing ground-based warriors during exercise Warfighter X, here, Nov.

Space, the final military communications frontier, is the domain of the Wideband Satellite Operations Center, or WSOC, but after receiving one particular report from 1st Platoon, Co. C, 3rd Special Troops Bn., 3rd Brigade Combat Team, 25th Infantry Division, warriors on the ground — five Americans and one Australian boldly went where few WSOC controllers had gone before.

"Controllers are like traffic cops, but for outer space," explained Capt. Becky Bort, commander, WSOC. "They make sure that all customers maintain authorized data rates and power levels across the satellite, so they do not interfere with other customers and missions."

Controllers are constantly communicating with their users to ensure the users are communicating over the satellite within

See SPACE, A-6

8th HRSC returns | A-3

Busy unit redeploys in time for holidays.



2nd SBCT takes virtual ride A-5

Leaders introduced to 3-D, fully explorable simulation.

Greatest Generation recalls Dec. 7, 1941 | B-1

Eyewitness accounts of the Day of Infamy.



Turtle rescued at PT! | B-5

Kayaking engineers save big turtle caught in crab nets

We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3156, or e-mail editor@hawaiiarmyweekly.com.

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

The Hawaii Army Weekly is an authorized newspaper and is published in the interest of the U.S. Army community in Hawaii.

All editorial content of the Hawaii Army Weekly is the responsibility of the U.S. Army, Hawaii Public Affairs Office, Schofield Barracks, Hawaii 96857. Contents of the Hawaii Army Weekly are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The Hawaii Army Weekly is printed by The Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Government, under exclusive written agreement with the U.S. Army. Hawaii.

The Hawaii Army Weekly is published weekly using the offset method of reproduction and has a printed circulation of 15,300.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army, or The Honolulu Star-Advertiser, of the firms, products or services advertised.



Commander, U.S. Army
Garrison-Hawaii
Col. Daniel W. Whitney
Garrison Command
Sergeant Major
CSM Philip J. Brunwald
Director, Public Affairs
Dennis C. Drake

Dennis C. Drake
Chief, Internal
Communication
Aiko Rose Brum, 656-3155
aiko.brum@us.army.mil

News Editor John Reese, 656-3156 news@

hawaiiarmyweekly.com **Pau Hana Editor** Jack Wiers, 656-3157

Jack Wiers, 656-3157 community@ hawaiiarmyweekly.com Staff Writer and

Photo Editor Sarah Pacheco, 656-3150

sarah@

hawaiiarmyweekly.com **Layout**

Estrella Dela Cruz-Araiza Advertising: 529-4700 Classifieds: 521-9111

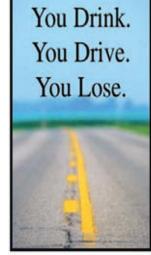
Address:
Public Affairs Office
314 Sasaoka St., WAAF
Building 300, Boom 105

Building 300, Room 105 Schofield Barracks, HI 96857-5000

Website: www.hawaiiarmyweekly.com Nondelivery or distribution 656-3155 or 656-3156

32 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 12/13/12.



IMCOM united in service of

LT. GEN. MIKE FERRITER AND COMMAND SGT. MAJ. EARL RICE Installation Management Command

Ferriter

others, misson

It's been immortalized in carols as "the most wonderful time of the year," and it is for the Army's home.

It's a wonderful time to be part of U.S. Army Installation Management Command.

We have an incredible workforce and mission. Ours is a diverse team made up of Soldiers, civilians and family members.

The IMCOM team hails from every corner of the globe, with differing cultures and beliefs — all united in the service of others. It's just the right mix to support troops, provide programs and offer world-class customer service to the best-trained Army in the world.

Whether anticipating Christ-

Whether anticipating Christmas, Kwanzaa, Hanukah or time among family and friends during this holiday season know that you are a valued member of the team.

Command Sgt. Maj. Rice and I can never thank you enough for the life of service and sacrifice you've chosen and for the opportunity to share that with you here at IMCOM, the Army's home. We hope that this holiday season provides opportunities for reflection, recreation and renewed commitment to improvement.

Team, we've accomplished a lot in the last 10 years: developing our workforce, being good stewards of financial and environmental resources, improving the quality of life in Army communities worldwide. IMCOM is a world-class operation because of you.

Our mission is complex, a job that is 24 hours a day, seven days a week. While some can rest briefly, others may not. Remember your teammates who will be manning facilities, serving chow to deployed troops or helping newly arrived families find lodging. This is the essence of what we do every day — providing a quality of life commensurate with their quality of service.

Now more than ever is the time to remember your family and extended Army family as well: battle buddies, co-workers and the person next to you now. As you travel or attend celebrations, be mindful of your actions and surroundings, keeping safety and responsibility to your teammates and families in mind.

We wish you and your families a happy holiday season, a prosperous New Year and look forward to starting 2013 with each member of this team, ready, resilient and committed to the next step in enhancing the lives of our Soldiers

Army strong!

(Editor's note: Ferriter is the commanding general, IMCOM, and Command Sgt. Maj. Earl Rice, is its senior enlisted leader.)



Subscribers will receive *The Military Star*, Dec. 21, 28, and Jan. 24 when the *Hawaii Army Weekly* takes its three-week hiatus.



CG, CSM send holiday cheer



DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY, PACIFIC
FORT SHAFTER, HAWAII 96858-5100

2012 US Army, Pacific Holiday Message

Merry Christmas, Happy Holidays, and Happy New Year!

Jeannine and I, along with Vira and CSM Leota, wish all of you a most wonderful and blessed holiday season. Our hope is that the entire U.S. Army Pacific Team share in the special joy the Holidays bring.

We want to personally thank our Soldiers, Families, and Professional Civilians for their steadfast dedication and service to our Army. Each day, your efforts represent a positive difference for our Nation. You exemplify the Strength of the Army Family.

We would also like to express our appreciation to our local communities, allies, and partners. Their trust and confidence is paramount to U.S. Army Pacific's success. We look forward to renewed opportunities for cooperation and friendship in the New Year.

Finally, we pause to remember our deployed Soldiers, Sailors, Marines, Airmen, Coast Guardsmen, and Civilians who are far from home this season. We thank them and their Families for their commitment and sacrifice. We continue to pray for their safe return.

May God bless you and your loved ones this Holiday season.

One Team

Frank M. Leota Command Sergeant Major, US Army Francis J. Wiercinski Lieutenant General, US Army Commanding General

FTSTEPS in FAITH

It's beginning to look a lot like Christmas

CHAPLAIN (COL.) MIKE DUGAL U.S. Army-Pacific Command Chaplain

This year will be our first Christmas in Hawaii,

My wife and I have already strolled down King Street to take in the Honolulu Lights.

What an amazing gift to see the multiple displays and, of course, to enjoy a hot malasada. Who could not love Hawaii during this time of the year?

the year?

The answer is that many of our Soldiers and family members will not be able to enjoy this special holiday as a traditional family or as a cultural event. One of the reasons is that, due to their commitment of honor and service to our nation, they are still deployed and separated.

Another reason, many in our community have lost the reason for the season, or have never heard the amazing news of the angels singing, "Glory to God in the highest, on earth peace to men on whom his favor rests" (Luke 2:14).

From a Christian perspective, Christmas is not about the mere purchasing and exchanging

of gifts with friends and family, although that does take place.

It is not simply about singing "I'm dreaming of a white Christmas." It is much more than singing or saying Mele Kalikimaka and waving the shaka.

For Christians, Christmas is about celebrating the birth of the promised child, about God becoming flesh, Immanuel, God with us. It is recognizing that what Jewish prophets foretold almost 700 years before it ever happened, finally happened, in the small city of Bethlehem more than 2,000 years ago.

"Today in the town of David a Savior has been born to you; he is Christ the Lord" (Luke 2:11).

As you celebrate Christmas this year, or watch those around you celebrate it, I ask that you would take in the wonder of the season.

The Honolulu Lights are an amazing gift to our tourists and kama'aina. Still, I must proclaim that the greatest gift is "the true light that gives light to every man who came into the world"

May that true light shine in your heart and throughout your home this Christmas, and may you behold the glory and peace of God. Truly, it's beginning to look a lot like Christmas.

beginning to look a lot like Christmas. Ke Akua Hoʻomaikaʻi Oe, God bless you!

USO Hawaii honors 2012 service members of the year

UNITED SERVICE ORGANIZATIONS
News Release

HONOLULU — Aboard the "Star of Honolulu," more than 350 guests from the local community, the USO's sponsorship family and all branches of service, gathered, here, Dec.1, to recognize six service members for their extraordinary loyalty, bravery and heroism in representing the highest ideals of courage and patriotism.

The USO Service Salute has been an international tradition throughout the world for 70 years, and is distinctly known for its commitment to spotlighting our nation's finest military personnel in an atmosphere of elegance and patriotic celebration.

Selected by their senior enlisted leaders, the 2012 honorees are Army Spc. Phillip Stapp of Company C, 1st Battalion, 27th Infantry Regt.; Marine Corps Sgt. Daniel Dejong of 1st Bn., 3rd Marines; Navy Petty Officer 3rd Class Andrew Tamez of 1st Bn., 3rd Marines; Air Force Senior Airman Andrew Abitbol of 735th Air Mobility Squadron, Joint Base Pearl Harbor-Hickam; Coast Guard Petty Officer 1st Class Charlene Garcia of USCG Rush (WHEC-723); and Hawaii Air National Guard Master Sgt. Friedrich Gebauer of 109th Air Operations Group, JBPHH.

Rear Adm. Charles Ray, commander, U.S. Coast

Guard 14th District, and Rear Adm. Fernandez "Frank" Ponds, commander, Navy Region Hawaii and Naval Service Group Middle Pacific, were guest speakers for the evening and presented honorees with awards. In addition to the Crystal USO Service Member of the Year award, each honoree received an oceanfront weekend stay at the Ilikai Hotel, and a dinner cruise for two.

The USO also honored its Volunteer of the Year

The USO also honored its Volunteer of the Year, George Villa, an Air Force veteran who has volunteered with USO Hawaii for more than 25 years. Villa was presented a Lifetime Achievement Award.

was presented a Lifetime Achievement Award.

The USO lifts the spirits of America's troops and their families millions of times each year at hundreds their families millions of times each year at hundreds a Lifetime Achievement Award.

Navy – Petty Officer 3rd Class Andrew Tamez, 1st Bn., 3rd Marines



Photo courtesy USO Hawaii

Rear Adm. Charles Ray (left), commander, U.S. Coast Guard 14th District, and Rear Adm. Fernandez "Frank" Ponds (right), commander, Navy Region Hawaii and Naval Service Group Middle Pacific, present Spc. Phillip Stapp, Co. C, 1-27th Inf., 2nd SBCT, 25th ID, with his USO Service Member of the Year award during the USO Service Salute ceremony.

of places worldwide. The organization provides a touch of home through centers at airports and military bases in the U.S. and abroad, top quality entertainment and innovative programs and services.

The USO also provides critical support to those in need, including forward-deployed troops, military families, wounded warriors and their families, and families of the fallen.

USO Service Salute HonoreesBn., 27th Inf. **Air Force** – Senior Airman Andrew Abitbol, 735th

Army - Spc. Phillip Stapp, Co. C, 1st Bn., 27th Inf. Regt. Marine Corps - Sgt. Daniel Dejong, 1st Bn., 3rd

Air Mobility Sqdn., JBPHH **Coast Guard** - Petty Officer 1st Class Charlene

Garcia, USCG Rush (WHEC-723)

Hawaii Air National Guard - Master Sgt. Friedrich Gebauer, 109th Air Ops. Group, JBPHH

Lt. Col. Kevin Kirby, 8th HRSC, 8th TSC, hugs his daughter, Madison, 9, for the first time following nine months of deployment to Kuwait, during his redeployment ceremony. Dec. 4.

8th HRSC redeploys after 9 months

Story and photos by STAFF SGT. GAELEN LOWERS 8th Theater Sustainment Command **Public Affairs**

WHEELER ARMY AIRFIELD — Family members, friends and those who just want to welcome back returning heroes gathered, here, to welcome home the 8th Human Resource Sustainment Center, 8th Theater Sustainment Command, Dec. 4.

About 100 Soldiers returned home from a nine-month deployment to Kuwait in support of Operation Enduring Freedom, where they provided postal services, casualty operations and personnel accountability to the entire theater of operations.

"It's wonderful to be home!" said Col. Lynn San Nicolas, director, 8th HRSC. "I'm most proud that we completed the mission and brought every Soldier home to their families. For personnel and human resources, we were the experts for the entire theater of operations."

8th HRSC Soldiers proved their expertise by providing processing oversight of more than 35 million pounds of mail, tracking and analyzing 342,936 personnel as they moved throughout the Central Command area of responsibility, overseeing the transit of more than 12,666 absentee voter ballots and processing more than 11,000 casualty reports.

"We want to say thank you for your selfless service, your leadership and your commitment to this grateful nation," said Maj. Gen. Stephen Lyons, commander, 8th TSC.

The day wasn't only about the 8th HRSC's amazing accomplishments downrange. Family members waiting to greet the returning Soldiers were excited about reuniting with their loved ones, like 9-yearold Madison Kirby, daughter of Lt. Col. Kevin Kirby. She held a welcoming sign and periodically repeated that she couldn't wait to see her daddy.

"I want to run up and hug him and squeeze him to death," she said.

Amidst the reunions, some Soldiers were meeting new additions to their families for the first time.

"She's number four, but she's the only one he's never met before," said Hilary Frego, speaking of her 4-month-old daughter, Sophie. The infant met her grandfather, Lt. Col. William Coker, who arrived on the first bus of redeploying Soldiers.

"She Skyped with him, so she knows his voice, but she probably doesn't recognize his face," added Frego. "I can't wait to introduce him to her!"

Other Soldiers were surprised with a different kind of addition to their family.

"She has hinted that she would be more than pleased to find a fluffy little golden retriever puppy, so I decided to surprise her," said Colin Swartz, husband of Capt. TiCondra Swartz, holding a puppy. "He will make a perfect addition to our family."

For the Soldiers, their families and friends, this reunion was a long time in coming, and the commands of the 8th HRSC and the 8th TSC couldn't be happier with their accomplishments.

"I am proud of each and every one of my Soldiers," said San Nicolas. "They did an amazing job over there representing the 8th TSC and the 8th HRSC. They came home heroes in everyone's minds.'



Sgt. Maj. Paul Blanchard, 8th HRSC, 8th TSC, hugs his two daughters and his son for the first time after a nine-month-long deployment to Kuwait during his redeployment ceremony,



"What is the No. 1 thing on your holiday

Photos by 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division





"I wish that all of my friends and family have a Merry Christmas."

Spc. Whitney Chapple Co. D, 2nd Bn., 25th

Avn. Regt., 25th CAB,



"To spend quality time with my son



and wife."

Lewis CAB, 25th ID

"To spend time with my wife."



Sanchez Supply sergeant, Co. E, 3rd Bn., 25th Avn. Regt., 25th CAB,



To return home safely in Hawaii."

Chief Warrant Officer 3 Owen **Connors** CH-47 pilot, Co. B, 3rd Bn., 25th Avn. Regt., 25th CAB,



'To be with my family.'

Tech supply officer, Troop D, 2nd Sqdn., 6th Cav. Regt., 25th CAB, 25th ID



"I wish my children have a wonderful Christmas."

Sgt. Taimi Taala HHC. 2nd Bn., 25th Avn. Regt., 25th CAB, 25th ID



"To spend time on the beaches."

Spc. Christopher Fisher Aircraft power train repairer, Co. B, 209th ASB, 25th CAB, 25th ID



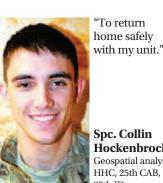
"To be home with my loving wife."

Staff Sgt. Brian O'Hanlon OH-58D systems 2nd Sqdn., 6th Cav. Regt., 25th CAB, 25th ID



"For my family to have safe and happy holidays."





Spc. Collin Hockenbrocht Geospatial analyst,

"To see my sons and wife. Co. A, 209th ASB,

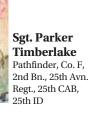
1st Lt. Cristian Executive officer,



25th CAB, 25th ID "I wish my



family a very Merry Christmas!"













"To be home for the holidays."



A-4 | DECEMBER 14, 2012 HAWAII ARMY WEEKLY

DoD recognizes Guard, Reserve employers

Freedom Award recognizes civilian employers for their critical military support

DEPARTMENT OF DEFENSE

News Release

ARLINGTON, Va. — Employer Support of the Guard and Reserve, or ESGR, a Department of Defense agency, is encouraging all Guard and Reserve members to nominate their supportive employers for the 2013 Secretary of Defense Employer Support Freedom Award.

The Freedom Award is DOD's highest honor for civilian employers supporting Guard and Reserve members; the award highlights those employers going to extraordinary lengths to encourage their military employees' service and provides Guard and Reserve members a way to show their appreciation for their employers' tremendous support.

"There really is no better way to thank these employers for standing firmly behind our military men and women."

- Ron Young

Just over one month remains for Guard and Reserve members to nominate their employers. The nomination process does not take long to complete, and family members may submit nominations on a Guardsman or Reservist's behalf.

Employers of every size and industry are eligible. ESGR will accept nominations online at www.Freedo mAward.mil.

"Guard and Reserve members understand better than anyone how critical America's employers are to our national security, which is why we look to them to tell us which employers deserve this distinguished honor," said Ron Young, executive director, ESGR. "We call on all Guardsmen and Reservists who have received outstanding support from their employer to nominate them for the 2013 Secretary of Defense Employer Support Freedom Award. There really is no better way to thank these employers for standing firmly behind our military men and women."

2013 recipients will be announced in early summer and honored in Washington, D.C., during a ceremo-

Recipients of the 2012 Freedom Award have included diverse employers, such as a telecommunications company, a department of public safety, a Midwest law firm, and a small-town church.

The ESGR and the Freedom Award

The Freedom Award was instituted in 1996 under the auspices of the Employer Support of the Guard and Reserve to recognize exceptional support from the employer community. In the years since, 175 employers have been honored with the award.

Established as a DOD agency 40 years ago, ESGR develops and maintains employer support for Guard and Reserve service. ESGR advocates relevant initiatives, recognizes outstanding support, increases awareness of applicable laws and resolves conflict between service members and employers. Paramount to ESGR's mission is encouraging employment of Guardsmen and Reservists who bring integrity, global perspective and proven leadership to the civilian workforce.

For more details, contact Beth Sherman, ESGR Public Affairs, at (571) 372-0705 or by email at ESGR-PA@osd.mil.

NCO INDUCTION DOWNRANGE





Sgt. Daniel Schroeder | 25th Combat Aviation Brigade Public Affairs

KANDAHAR AIRFIELD, Afghanistan — Command Sgt. Maj. Thomas Capel (above), command sergeant major, International Security Assistance Force/U.S. Forces-Afghanistan, speaks to young noncommissioned officers of the 25th Combat Aviation Brigade, 25th Infantry Division, about what it means to be an NCO, living by the Creed of the NCO, and setting and enforcing standards during the 25th CAB NCO Induction Ceremony, here, Dec. 3.

Sgt. Jessica Eggleston (left), paralegal NCO, Headquarters and Headquarters Company, 1st Battalion, 2nd Aviation Regiment, 25th CAB, passes through the NCO Arch, symbolizing her induction to the NCO Corps, during the ceremony.

MI honors 181 combined service years

Story and Photo by STAFF SGT. DAVID PADILLA

500th Military Intelligence Brigade Public Affairs

FORT SHAFTER — With a combined 181 years of civil service, members of the 500th Military Intelligence Brigade's Department of the Army civilian staff were recognized during a retirement ceremony at Palm Circle, here, Friday.

Steve Nihiser, chief of operations, was among those honored at the ceremony after a relationship with the U.S. Army spanning more than five decades.

"I enjoyed the opportunities the U.S. Army has afforded me, first as an Army military dependent and then as an active-duty officer, DAC (Dept. of the Army civilian) and U.S. Army Reserve officer," Nihiser said. "I have been a part of the Army for over 56

Nihiser started his career in 1978 when he enlisted into the U.S. Army Military Police Officer Corps. During his time, he served in various positions in the active and reserve components, and retired as an Army Reserve colonel in December 2005.

While a reservist in 1992, Nihiser began his DAC career as an exercise plans specialist. This tour led to various assignments in Japan. He started as an exercise plans specialist, rising to a military plans specialist in 2003. His time spent in Asia not only gave him the opportunity to live in a part of the world he loved, but it also gave him the opportunity to meet his wife.

"I met my late wife, Suni, while an active-duty officer stationed at Camp Walker. South Korea." Nihiser said. "She left a lasting impression on me and my desire to serve in Asia."

Nihiser's first job with the 500th MI Bde. came in 2003, when he was selected to be the brigade's intelligence operations and plans

"Being a DAC has allowed me to continue to serve, to gain knowledge about Asia and cultures in the Pacific area," Nihiser

Scott Kennedy, 500th MI Bde. civilian personnel officer, also had a long, active role as a DAC. Kennedy started his 37-year DAC career in 1975, as a temporary military personnel clerk for the Human Re-

sources Command (known then as the Military Personnel Command), and was promoted to a team leader within three months.

The Army allowed me to work in the field I received my degree in," Kennedy said. "I had so many friends who could not find jobs in their fields of study, and I was able to work in the exact field I trained for.

Kennedy's assignments took him from Maryland to Germany, to Japan and Hawaii, where he is serving as the 500th MI Bde.'s civilian personnel officer until Dec. 31. For Kennedy, the travel opportunities that came with his job allowed him to become a "citizen of the world" and were a welcome part of his job.

'Not many have a job that allows them to visit so many countries throughout the world," Kennedy said. "I really do consider myself a citizen of the world."

In the end, all of the retirees were honored for their accomplishments and civil service contributions, and they look forward to their future opportunities while always remembering their past.

"The next chapter in my life is a new opportunity, but I thank the Army for having me as a part of its team," Nihiser said. "I will miss lots in the job, but mostly the peo-

Also honored at the ceremony were Bernice Takushi, program analyst, with 37 years of service; Sharon Watanabe, resource management officer, with 43 years of service; and William Zentner, information technology director, with 44 years of service.

500th MI DA Civilian Retirees

Scott Kennedy, 37 years Steve Nihiser, 20 years Bernice Takushi, 37 years Sharon Watanabe, 43 years William Zentner, 44 years



Department of Army civilians (from left) Scott Kennedy, Bernice Takushi, William Zentner, Sharon Watanbe and Steve Nihiser gather in front of the flag post after completing their retirement ceremony, held on Palm Circle, Friday.



Staff Sgt. Amber Robinson | U.S. Army-Pacific Public Affairs

FORT SHAFTER — Motorcyclist arrive at Palm Circle, here, Nov. 15, for a Thanksgiving motorcycle safety ride. More than 220 Soldiers and motorcyclists participated in the ride that sent a strong message about motorcycle safety.

Motorcyclist feedback sought

U.S. Army Combat Readiness/Safety Center

FORT RUCKER, Ala. — Motorcycle safety isn't just the domain of garrison traffic safety working group members and safety directors.

With the preponderance of Army motorcycle riders serving today, the U.S. Army Combat Readiness/Safety Center needs your help in asking for feedback on three public service announcements developed by the Defense Safety Oversight Council, Private Motor Vehicle Task Force, or PMV TF.

During the Joint Service Safety Council meeting held last week, the new PMV TF chair asked the director of Army Safety to get the word out to Brig. Gen. Timothy Edens, director of Army

Safety, fully supports this important joint initiative. Feedback on these safe-riding videos is important to improve Department of Defense motorcycle safety and training, and will help the US-ACR/SC build a stronger motorcycle riding community and save the lives of riders. Motorcycle fatalities are trending in the wrong direction; mea-

suring the effectiveness of programs is important to developing tools that can make a difference.

If you're a Soldier motorcycle rider, please review the three public service announcements and complete a short online survey prior to

The motorcycle rider PSAs are located at the following links:

1) www.dvidshub.net/video/136925/not-race track-military-rider.

2) www.dvidshub.net/video/136926/ready ride-military-rider.

3) www.dvidshub.net/video/136928/right-at titude-military-rider.

After reviewing the short videos, an anonymous online survey may be filled out at https://www.surveymonkey.com/s/motorcy cle_PSAs.

The USACR/SC thanks participants for their assistance in saving lives through this important joint effort.

(Editor's note: Zaharis is the executive director of Future Operations at the USACR/SC.)



Pfc. Zackary Root | 7th Mobile Public Affairs Detachment

A Soldier with Task Force Bronco, 3rd BCT, 25th ID, looks down at a simulated Wanat Village from his fighting position, recently. The simulator is a 3-D, fully explorable recreation of the bloody battlefield in Afghanistan.



Staff Sgt. Sean Everette | 2nd Stryker Brigade Combat Team Public Affairs

Maj. Gen. Kurt Fuller, commander, 25th ID, addresses leaders of the 2nd SBCT during the Wanat Virtual Staff Ride, Nov. 29. The VST was put together by USACSI as a teaching tool to give Army leaders insight into events and decisions that can be applied to their own future

2nd SBCT leaders visit virtual Wanat Village, Afghanistan, battlefield

STAFF SGT. SEAN EVERETTE

2nd Stryker Brigade Combat Team Public Affairs 25th Infantry Division

SCHOFIELD BARRACKS — Leaders of 2nd Stryker Brigade Combat Team, 25th Infantry Division, were virtually transported to the Battle of Wanat, the deadliest single battle in Afghanistan since U.S. operations started there.

Officers and senior noncommissioned officers participated in a virtual staff ride, led by instructors from the U.S. Army Combat Studies Institute, or USACSI, as part of the brigade's continuing training for future deployments, Nov. 28

The Battle of Wanat occurred July 13, 2008, when the Taliban attacked a platoon from the before the platoon was scheduled to leave the vilment, so they really get a clear picture of the the future.

lage of Wanat in the Nuristan province of Afghanistan. Nine American Soldiers were killed and 27 wounded in the attack.

The instructors projected a 3-D, fully-explorable recreation of the Wanat Valley on a screen in front of the classroom, visually guiding the 2nd SBCT leadership through the hows and whys of everything that happened on that day, without the need to visit the site.

"This particular format allows us to transport the brigade's leadership into Afghanistan in a virtual manner, set them on terrain their colleagues have fought on, and it gives them the perspective from that terrain," said Lt. Col. Thomas Hanson, USACSI. "We're not just doing battle analysis on a map or doing a tabletop

challenges facing them."

Any staff ride, virtual or physical, consists of three phases: a preliminary study phase, a field phase and an integration phase. When the three phases come together at the end, they can bring insight and knowledge that stays with leaders throughout their careers.

"It's a learning process where they put what they learn in a two-dimensional aspect and back it up with a three-dimensional aspect," said Gary Linhart, virtual staff ride instructor. "Once they put those two together, they get a true understanding of what people did and why they made the decisions they did. It leaves a lasting impression."

Linhart also said that, by looking at the past, 173rd Airborne Brigade Combat Team just days exercise. We're immersing them in that environ-leaders could learn lessons that are applicable in

While the settings and technology levels may change, the events of the past are not that different from what our Soldiers are seeing today.

"It's a tremendous complement to live maneuver training and simulation training," Hanson said. "It really does give the commanders a chance to exercise not just their mastery of doctrine at the tactical level, but it allows them to think about long-term campaign plans and how those fit into the larger picture, and how the decisions they make can effect Soldiers at the low-

At the end of the training, Hanson and Linhart praised the 2nd SBCT leadership.

"You have a good bunch of officers that were well prepared for this class," said Linhart. "I'm confident they're going into their future missions well prepared for their tasks."

EIB: 25th ID troops earn expert badge

CONTINUED FROM A-1

earning the EIB, and he cites his experience as being a main factor in his success

Despite its difficulty, Williams believed the challenge was a fun experience.

"It's more of a reinforcement of what I know I'm capable of doing. It's a confidence booster," Williams said. "I can go back to my Soldiers, and they can see me as a standard-bearer, more now than ever before."

This fact is not only true of Williams, but of all of the expert infantrymen who earned their badges, regardless of rank.

How did the EIB come into being?

The Expert Infantry Badge was established Oct. 7, 1943, as a means of attaining the high standard the Army desired of its infantry, and as a means of fostering esprit de corps among Soldiers.





Pvt. 1st Class Brent Parshall, HHC, 1st Bn., 27th Inf. Regt., 2nd SBCT, 25th ID, fires a M240B light machine gun at a simulated target as part of the EIB

Space: Controllers, users meet in field

CONTINUED FROM A-1

proper parameters. However, rarely do the two sides ever interact face-to-face, said Bort.

"When TACSAT called in their report, we realized that they were only 15 minutes down the road," said Bort.

The international WSOC team decided to make a close encounter.

The purpose of the visit was twofold. The controllers met their earthbound brethren in the field to personally gain insights into the operation of a Tactical Satellite Communications, or TAC-SAT site, and the difficulties they face, and to help TACSAT better understand satellite communications from the controller's mission.

First, the space Soldiers used the valuable opportunity to witness the operation of new equipment and the different levels of training experienced in the field.

TACSAT operators call the WSOC with various requests, such as satellite access and assistance with troubleshooting. Visiting the field site gave some members of Co. D — who had little or no exposure to the ground equipment other than a technical manual — an opportunity to view how it's configured and operated.

Of particular interest was the configuration

of the Time Division Multiple Access network shared amongst the terminals and how they access the satellite.

Prior to visiting the field, it was unclear to the junior satellite controllers how this was actually accomplished; before that, their only source of information was attempting to interpret the Satellite Access Authorizations, or SAA, known as

Second, it gave WSOC Soldiers the chance to share their insights into the broader operation of the satellite network communications. This helped the TACSAT Soldiers to better understand how their field site can affect other users and the satellite.

"I knew what needed to be reported, just not how to efficiently do so," said Pfc. Sean Harding, WSOC controller. "I do now."

Satellite controllers passed on pointers to ensure Warfighter X and future operations go smoother, like common terminology and how to correctly interpret the SAA.

'This visit provided our Soldiers with the tools they need to be more effective when communicating with the WSOC," said 2nd Lt. Anthony Orlowski, leader, 1st Plt., Co. C, 3rd STB.

The impromptu cross-training session ended with an invitation for TACSAT to visit the WSOC.

News Briefs

Send announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

25 / Tuesday

Single Soldiers' Breakfast — Come enjoy a delicious, free Christmas morning breakfast from 9-11 a.m. at the Main Post Chapel, Building 790. Waffles, bacon, eggs and a special Christmas blend coffee. Bring an appetite!

Ongoing

VRAP — The Veterans Retraining Assistance Program's goal is to train a total of 99,000 veterans during the next two years. The FY 2013 application approval process is currently underway.

VRAP allows qualifying veterans to receive up to 12 months of education assistance equal to the current full-time Montgomery GI Bill, at an active duty rate of \$1,546 per month.

The program of study must lead to an associate's degree, a non-college degree or a certificate for a high-demand occupation as defined by the Dept. of Labor.

Potential applicants can learn more about and apply online www.benefits.va.gov/VOW, or call the Veterans Administration at 1-800-827-1000.

Barracks Survey — The First Sergeants Barracks Program 2020 is a partnership between garrison and brigade-level units to achieve efficient and quality property management in housing for unaccompanied Soldiers. Currently, a USAG-HI Unaccompanied Housing Resident Survey seeks essential customer feedback to identify and communicate issues and inefficiencies in Soldier

All barracks residents are encouraged to complete and submit this simple survey within 30 days of occupancy at www.survey monkey.com/s/XYQ55TJ.

Veteran and Small Business Forum - The general admission fee is \$150 for this forum, which includes breakfast, lunch, general admission and access to exhibits, as well as morning and afternoon keynote speak-

The event will be held at the Hale Koa Hotel. Fee for general admission with access only to workshop sessions is \$75.

Those interested in attending can register online via the Hawaii Procurement Technical Assistance Center at http://hiptac.ecen terdirect.com/Conferences.action,or call Erin Kanehira at 596-8990, ext. 1008. Deadline to register is March 21, 2013.

Dealing With Stress — Visit the Employee Assistance Program office, Bldg. 2091, Schofield Barracks, for help and ideas on dealing with stress or other issues affecting job performance. Call 655-6047/6046.

Mystery Customer Program — USAG-HI is looking for volunteers to participate in a new program aimed at evaluating customer service in its facilities. The program helps the garrison provide world-class customer service. Call 655-9026.

Suicide Prevention — The National Suicide Prevention Lifeline is a free, 24-hour crisis intervention hotline available to anyone in suicidal crisis or emotional distress.

Call (800) 273-TALK (8255) or visit www.suicidepreventionlifeline.org.

Army Substance Abuse Program Survey — The Inspector General for Installation Management Command-Pacific is seeking anyone who has sought ASAP services to complete a short, confidential survey.

Information from the survey will be helpful in understanding better ways to service Soldiers, civilians and family members.

Visit https://pacweb.hawaii.army.mil/ asapsurvey.

PCS Survey and Training — All Soldiers and civilians making a permanent change of station move from all Hawaii units must complete an online out-processing Sponsorship Survey (https://www.research. net/s/outprocess) and electronic Sponsorship Application Training, or eSAT, (http://apps.mhf.dod.mil/esat) prior to receiving installation clearing papers.

The Military Personnel Division at the Directorate of Human Resources will add the out-processing Sponsorship Survey and eSAT to the installation's out-processing clearance checklist. For more details, call 655-1272/8276.

Counseling Sessions — Military One-Source offers non-medical behavioral health counseling sessions to provide help for service members and their families.

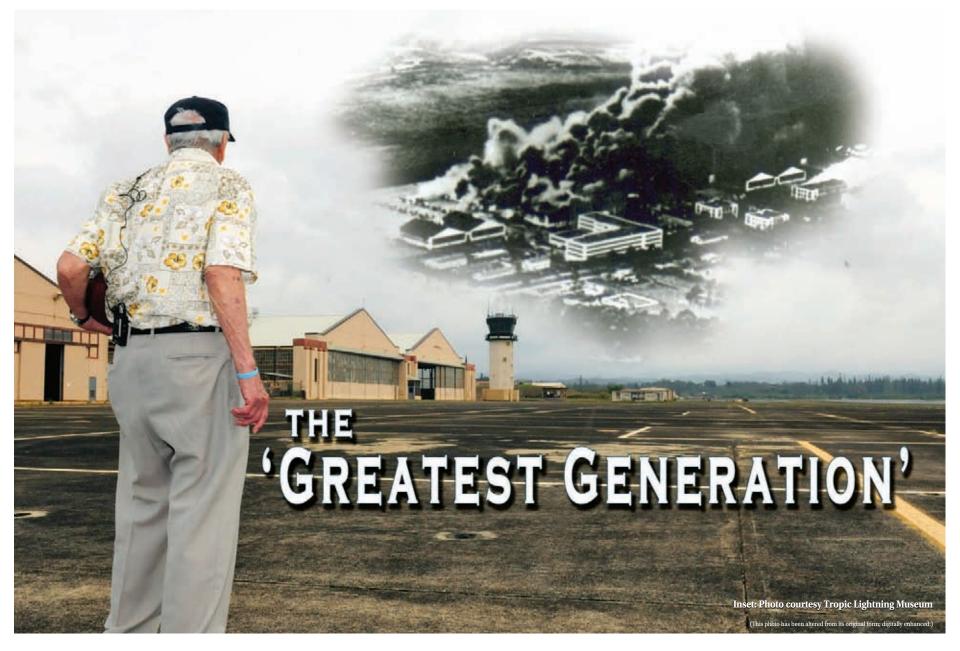
These counseling sessions provide faceto-face counseling through affiliate providers; short-term, solution-focused telephonic consultations; and online consultations. Visit http:www.militaryonesource.mil/ or call 800-342-9647.

HAWAI'I ARMY WEEKLY

When work is finished."

www.hawaiiarmyweekly.com

FRIDAY, December 14, 2012



WHEELER ARMY AIRFIELD — Thomas Petso, a Pearl Harbor survivor and Greatest Generation Foundation member, takes a long look at the runway, here, where he was playing football the morning of Dec. 7, 1941, when the Japanese Imperial Navy attacked WAAF and Pearl Harbor.

Remembering Dec. 7, 1941

Beginning moments of World War II for the U.S. are remembered by attack survivors

Story and photos by **STAFF SGT. WILLIAM SALLETTE**

25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — "It is, I believe, the greatest generation any society has ever produced, and it is quickly disappearing," wrote Tom Brokaw in his book "The Greatest Generation"

The Greatest Generation is the group of people Brokaw refers to who grew up in the United States during the Great Depression, fought in World War II and contributed greatly to the war effort on the homefront.

"These men are the greatest generation, because these men are truly some of the best men I have ever met in my life," said Thomas Petso, an infantryman assigned to be an intelligence platoon sergeant with the 24th Infantry Division.

Seven Pearl Harbor survivors and members of the Greatest Generation Foundation, an organization dedicated to honoring veterans and the battles they fought in, joined hundreds of other survivors and veterans, Friday, to commemorate the 71st anniversary of the attack on Pearl Harbor.

"The date which will live in infamy" is taught in American history books. Students learn about the Japanese planes, the sinking of ships and the numbers of men and women who were killed or wounded, but the men who survived that horrific day recall the experience a bit more vividly.

Remembering Dec. 7 at Schofield Barracks

"I was just finishing morning chow when all of a sudden the planes flew about 200 feet over our heads," said Samuel Clower, former first sergeant of Headquarters Company, 19th Infantry Regiment, 24th ID. "We could tell that they were Japanese planes, because of the rising sun emblem on them, but we had no idea why they were here."

In 1941, there were concerns that the Japanese would attempt to poison the water supply on the island of Oahu, so Clower took his company and set up a solid perimeter around the Schofield reservoir to prevent any type of sabotage.

"We shut it down immediately, but we still had no idea what was going on," said Clower. "I called the regiment to find out what was happening, and they told me to gather everyone up because they were bombing Pearl Harbor and the barracks. The guy on the phone barely got those words out before they started bombing the airfield."

Thomas Petso, then a 19 year-old infantryman assigned to be an intelligence platoon sergeant with the 24th Infantry Division, was playing football on Wheeler Army Airfield that morning when the Japanese began their attack.

"We came over from Schofield to play football against the Air Force, like we did every Sunday, and the planes came out of

The Aftermath

- -2,402 killed aboard USS Arizona & at Pearl Harbor
- -1,282 wounded aboard USS Arizona & at Pearl Harbor
- -429 killed aboard USS Oklahoma -33 killed at Schofield & Wheeler
- -75 wounded at Schofield & Wheeler
- -12 ships sunk -188 aircraft destroyed

"It was happening so fast, we didn't have time to be afraid,"

— Samuel Clower

Former first sergeant of HQ Co., 19th Inf. Regt., 24th ID

nowhere," said Petso. "We saw some planes fly over, and then almost immediately they were coming from every direction and began bombing the airfield."

Surprised and confused, Petso ran for his barracks to grab his weapon.

"We just ran for our lives," said Petso. "I was an infantryman, and I just wanted to get back to my barracks to get my rifle."

"It was happening so fast, we didn't have time to be afraid," said Clower. "That came later when we saw the devastation."

Although WAAF and Schofield Barracks were the initial sites of the attack that day, they did not sustain heavy losses. In total, 33 personnel were killed, and 75 more

were wounded.

Because most of the planes were lined up at the end of the airfield, Wheeler sustained a crippling loss of aircraft, totaling 76 planes completely destroyed. The situation down the mountain in Pearl Harbor was completely different.

Pearl Harbor recalled

tack occurred. He and a nurse were walking to chow when the attack began. As they passed under a large flag

> pole, a Japanese fighter fired on them. "I don't know that he was trying to hit us; I think he was just shooting at

the flag, but it didn't take us long to realize what was happening." Miranda knew he had to get back to his unit, so he jumped into a nearby boat and attempted to cross the bay back to Ford Island, but the Japanese

were relentless and began shooting his small boat, rendering it inoperable.

"I reported to the commanding officer at the hospital, and he kept me there for three months working in the burn ward," said Miranda. "I wasn't trained as a corpsman, but I knew a little first aid that the Navy had taught me. I can tell you

this much, the morphine flowed like wa-

ter, because there was very little we could

do for them."

Miranda was originally stationed on the USS Oklahoma, a battleship that was attacked by Japanese bombs and torpedoes—taking 429 of her crew with her when she capsized.

"I was stationed on the Oklahoma, but had been reassigned exactly one year and a day before the attack," said Miranda. "I knew some of those boys, and as scared as I was, I can't imagine what they experienced."

At 7:45 a.m., Dec. 7, 1941, the Japanese Imperial Navy at-

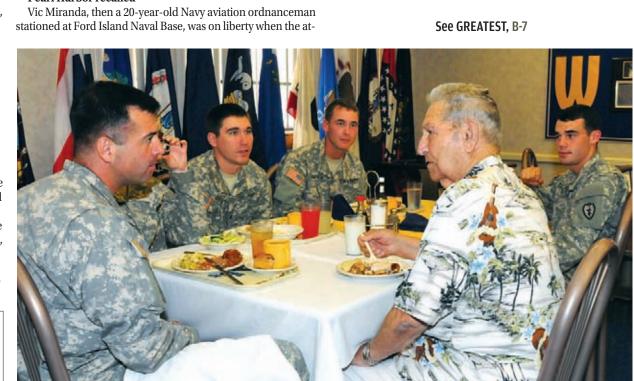


Photo courtesy 25th Infantry Division

Samuel Clower, former first sergeant of

HQ Co., 19th Inf. Reg., 24th ID, and

member of The Greatest Generation

Foundation, in his original enlistment

Public Affairs

Vic Miranda (front right), Pearl Harbor survivor and Greatest Generation Foundation member, speaks with Maj. Gabriel Zinni (front left), public affairs officer, 2nd Stryker Brigade Combat Team, 25th ID, and other Soldiers from the 25th ID during a lunch at the Warrior Inn, Dec. 5.

worship Services

Additional religious services, children's programs, educational services and contact informa-



Briefs **Today**

Leilehua Golf Pro Shop — Take 10-50 percent off items at Holiday Sale, including sale items. Sale ends Dec. 31. Call 655-1711.

16 / Sunday

Fort Shafter Sunday Brunch — Enjoy Sunday brunch, 10 a.m.-1 p.m., at Mulligan's Bar and Grill (FS). Call

NFL Sunday Ticket — Come to Tropics on Sundays and catch all the games!

•SB Tropics Warrior Zone, facility opens half hour before the first game starts. Patrons 18 and older welcome; call 655-5698.

•SB Kolekole Bar & Grill, doors open at start of the first game; open to all ages. Special breakfast and lunch menu. Call 655-4466.

17 / Monday

Monday and Thursday Night Football — Games start at 2 p.m., Kolekole Bar and Grill. Enjoy \$5 football pupu platters and prizes. Open to all ages. Mongolian barbecue starts at 5 p.m., Mondays. Call 655-4466.

Sand Volleyball — Join weekly competition on Mondays; games starts at 6 p.m., Tropics Warrior Zone. Call 655-5698.

Mulligans Bar and Grill — From Dec. 17-Jan. 4, Mulligans Bar and Grill (FS) will be open from 10 a.m.-5 p.m., with no buffet lunch service. Call 438-1974.

18 / Tuesday

Pool Tournament — Join this popular 8-ball weekly competition on Tuesdays; games starts at 6 p.m., Tropics Warrior Zone. Best 2 out of 3 plays for the champion title on the last Tuesday of the month. Free to play; call 655-5698.

20 / Thursday

Texas Hold'em — Every Thursday at 6 p.m., the Tropics Warrior Zone hosts a free tournament that tests your poker skills against the best Army players around. Ages 18 years and older are welcome; no buy in.

Non-players are invited to enjoy the atmosphere and featured menu items. Call 655-5698.



Spc. Ariana Cary | 25th Infantry Division Public Affairs

Worker elves with CYSS pass out gifts to children after the Schofield Barracks tree-lighting ceremony, Dec. 4.

Cards, toys usher in holidays

SARAH PACHECO Staff Writer

SCHOFIELD BARRACKS — Haze, humidity and the threat of rain couldn't keep Santa Claus from coming to town for U.S. Army Garrison-Hawaii's annual tree-lighting ceremony, at General's Loop, here, Dec. 4.

Per tradition, the ceremony kicked off in holiday style with the announcement of this year's Holiday Card Lane winners. First-place honors and bragging rights went to the Soldiers of the Army Field Support Battalion-Hawaii, who created a three-dimensional Santa's workshop complete with presents, elves and a Gen. Claus exclaiming, "I'm sure glad Army Pacific made my list — HOOAH!'

In second place was the 84th Engineer Battalion (Construction Effects), 130th Eng. Brigade, 8th Theater Sustainment Command; the 2nd Squadron, 14th Cavalry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division claimed third.

USAG-HI's South installation also got into the spirit with its own batch of entries. Top honors went to the 205th Military Intelligence Bn., 500th MI Bde., which was awarded during the Fort Shafter Holiday Tree Lighting ceremony, on Palm Circle, Dec. 6.

All holiday cards from both North and South communities -13 in total — are on display now through the first week of January 2013. They can be viewed at Macomb Gate, Schofield Barracks, and at Chapel Field, across from Richardson Theater, on Fort Shafter.

As a special treat, this year both ceremonies had an added surprise for good little girls and boys.

Thanks to a partnership between the Toy Industry Foundation and Boys and Girls Club of America Military Services, about 3,000 children who attended the tree-lightings had the opportunity to receive an ageappropriate toy, generously provided through the organizations' Play Comfort program.

"(The Toy Industry Foundation and Boys and Girls Club of America) wanted to do an event to show their gratitude to both the families and Soldiers who serve our military mission," said Corinne Burns, administrator, Child and Youth School Services, who helped coordinate the toy donation.

After selecting their gift, children and parents enjoyed the rest of the evenings' festivities, which included hot chocolate and cookies; photos with Rudolph, Frosty, The Grinch, and Santa and Mrs. Claus; and yuletide tunes provided by the

25th ID Jazz Band.

"It was just amazing how everything came together for these Soldiers and families, and especially for the children," Burns said. "It was amazing for all of us working behind-the-scenes to see how much fun the kids were having, and then to watch the sparkle in kids' eyes when they got their toy ...

"Every family was happy about everything they got," Burns said. "The kids were smiling, the parents just couldn't believe it; it was just a really nice event."



Staff Sgt. Gaelen Lowers | 8th Theater Sustainment Command Public

 ${\tt FORT\,SHAFTER-Sgt.\,Sarlett\,Vega,}$ protocol officer, 8th TSC, and her children, Mya (left) and Devon, show off the toys they received during the Fort Shafter tree-lighting ceremony.

22 / Saturday

Kolekole Bar and Grill - Closed from Dec. 22-Jan. 2 for the holiday season.

25 / Tuesday

Christmas FMWR — The following FMWR facilities will be closed as staff members observe the Christmas

holiday:

•Hale Ikena, Mulligans, Nehelani and Kolekole dining facilities;

•CYSS services and offices;

•Schofield, Wheeler and Fort Shafter bowling centers and snack

•SB Leilehua golf course is open 6:30 a.m.-2 p.m.;

•FS Nagorski golf course will be

For more information, visit HiMWR.com.

28 / Friday

Hawaiian Buffet — Every last

See FMWR BRIEFS, B-7

Community Calendar

Send announcements a week prior to publication to community@ hawaiiarmyweekly.com.

Today

Honolulu Gift Fair — Features more than 300 booths at Blaisdell Exhibition Hall, 777 Ward Ave., Honolulu. Dates and times follow:

- •Dec. 14, 3-9 p.m.
- •Dec. 15, 9 a.m.-9 p.m. •Dec. 16, 9 a.m.-5 p.m.

15 / Saturday

Santa at Pearl Highlands Center — Saturdays, 11 a.m.-2 p.m., Dec. 8, 15, 22. Photos from \$5-\$7.

International Christmas Carolers Concert – 11:30 a.m., Hawaii State Library. Call 586-3555.

Honolulu Hosts Santa — Free photos with Santa, 7-9 p.m., Dec. 15 and 22 at Honolulu Hale (City Hall). Honolulu City Lights is free and open to the public through Dec. 31

"Merriest Hawaiian Christmas" — The Honolulu Boy Choir presents its annual concert, Dec. 15, Central Union Church, 1660 S. Bere-

Calendar abbreviations

8th TSC: 8th Theater Sustainment

Command

25th ID: 25th Infantry Division

ACS: Army Community Service

tania St., Honolulu. Doors open at 6:30 p.m.; concert starts at 7 p.m. No admission charge. Open to the public. Visit www.honoluluboychoir.org.

16 / Sunday

Bishop Museum — Free museum admission for military with valid ID, Dec. 16, is in celebration of Bernice Pauahi Bishop's birthday.

A special program will take place from noon-1 p.m., 1525 Bernice St., Honolulu, and will feature oli (chant), hula and mele (song) by Bishop Museum staff and the Kamehameha Alumni Glee Club.

Oahu Choral Society — "Christmas with Bach and Mendelssohn," with the Honolulu

> Symphony Chorus, 5:30 p.m., St. Andrew's Cathedral, \$25-\$35, and \$5 discount for students and military. Call 392-0382 or visit www.oahuchoral.org.

21 / Friday

Salvation Army Live Nativity — Performances every 30 minutes, 7-9 p.m.,

Dec. 21-24, Wioli Gardens, 2950 Manoa Road. See 30th anniversary re-enactment of the first Christmas with actors, live animals and Christmas carols. Call 988-2136.

Nutcracker — Military Night is 7 p.m., Dec. 21, at Saint Louis School. Mamiya Theatre. The Hawaii State

HOLIDAY PARADES

Today, Haleiwa -6-8 p.m., Weed Circle to Haleiwa Beach Park.

Dec. 15, Waianae Coast — 10 a.m.-noon, Waianae

Boat Harbor to Waianae Mall. **Dec. 15,** *Ewa Beach* — 10 a.m.-noon, Ilima Intermediate

Dec. 16, Moanalua Vallev 2-3:30 p.m., Moanalua Valley

Neighborhood Park (For a complete list, visit www.honolulu.gov.)

Junior Ballet Company also performs at 3:30 and 7 p.m., Dec. 15 and 22; 1 and 4 p.m., Dec. 16 and 23. For tickets, visit www.hawaiistateballet.com/ tickets or call 947-2755.

22 / Saturday

Drill Team Hawaii Christmas Show - "Our Letters to Santa" show, 1 and 4:30 p.m., Kaimuki High School Auditorium, features 20 new dance routines, \$8 at the door. Call 258-4864.

25 / Tuesday

Single Soldiers' Christmas **Breakfast** — Single Soldiers can eat a free breakfast, 9-11 a.m., Schofield Barracks Main Post Chapel, Bldg.

Ongoing

Honolulu City Lights Trolley Tours — Tour the Honolulu City Lights display nightly; first tour departs at 6:30 p.m., through Dec. 30 (except Dec. 24-25), from Ward Warehouse.

Cost \$6; free to children 3 and under. Proceeds go to the Hawaii Foodbank. Visit www.wardcenters.com for ticket information.

Santa at Ala Moana — Photos with Santa, 10 a.m.-9 p.m., Mondays through Saturdays, and 10 a.m.-6 p.m., Sundays, through Dec. 24, near Centerstage. Packages start at \$22.99.

Operation Postcards — Operation Postcards is a free service that allows anyone to send real, personalized postcards to active duty U.S. military personnel with an APO or FPO address.

Visit www.operationpostcards. com, select a photo, fill in the mailing address for any active U.S. service member with an APO or FPO designation, type a brief message and then send it.

A real, personalized postcard will be delivered to the Soldier, Airman, Sailor or Marine in a matter of days, via the U.S. Postal Service.

Food for Families — ASYMCA at WAAF has an emergency food locker to assist military families in need. Call 624-5645.

Paranormal Activity 4

(R) Fri., Dec. 14, 7 p.m.

USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield

Inspiration, Exploration and Skills

tion can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.) AMR: Aliamanu Chapel Fort DeRussy Chapel Helemano Chapel HMR:

Main Post Chapel,

Schofield Barracks PH: Aloha Jewish Chapel, Pearl Harbor Soldiers' Chapel,

MPC:

Schofield Barracks TAMC: Tripler Army Medical Center Chapel

WAAF: Wheeler Army Airfield Chapel

Buddhist Services •First Sunday, 1 p.m. at FD

•Fourth Sunday, 1 p.m. at MPC Annex **Catholic Mass**

•Thursday, 9 a.m. at AMR

•Saturday, 5 p.m. at TAMC, WAAF •Sunday services:

- 8:30 a.m. at AMR

-10:30 a.m. at MPC Annex -11 a.m. at TAMC

•Monday-Friday, 11:45 a.m. at

MPC and 12 p.m.TAMC **Gospel Worship** •Sunday, noon at MPC

•Sunday, 12:30 p.m. at AMR **Islamic Prayers and Study**

•Friday, 1 p.m. at MPC Annex •Friday, 2:30 p.m., TAMC •Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath) •Friday, 7:30 p.m. at PH

Pagan (Wicca) •Friday, 7 p.m. at MPC Annex

Room 232 **Protestant Worship**

•Sunday Services -8:45 a.m. at MPC

-9 a.m. at FD, WAAF and TAMC chapels

Lutheran/Episcopalian -10 a.m. at HMR

-10:30 a.m. at AMR

Contemporary Service

-11 a.m. at Soldiers Chapel

Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.



Fun Size (PG-13) Fri., Dec. 14, 4 p.m.

Sat., Dec. 15, 4 p.m.

Sun., Dec. 16, 2 p.m.



Sat., Dec. 15, 7 p.m. Wed. Dec. 19, 7 p.m. Thurs., Dec. 20, 7 p.m.

No shows on Mondays or Tuesdays.

AFAP: Army Family Action Plan AFTB: Army Family Team Building FMWR: Family and Morale, Welfare and AMR: Aliamanu Military Reservation

Co.: Company CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program

ASYMCA: Armed Services YMCA

BCT: Brigade Combat Team

BSB: Brigade Support Battalion

PFC: Physical Fitness Center SB: Schofield Barracks

FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities

Recreation

FRG: Family Readiness Group

TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-Hawaii

SKIES: Schools of Knowledge,

CHAPEL HOLIDAY SERVICES

The U.S. Army Garrison-Hawaii Religious Support Office will offer varied holiday services in North and South Oahu locations.

South Oahu Aliamanu Military Reservation Chapel

Dec. 24, 5 p.m., Children's Mass (Catholic) Dec. 24, 7 p.m., Christmas Eve

Service (Protestant) Dec. 31, 5 p.m., New Year's Eve

Mass (Catholic) Dec. 31, 10 p.m., New Year's Eve Service (Gospel)

Fort DeRussy Chapel (Across the street from the Hale Koa Hotel, Waikiki)

Dec. 24, 5 p.m., Christmas Eve Candlelight Service (Protestant)

Tripler Army Medical Center Dec. 24, 5 p.m., Christmas Children's Mass (Catholic) Dec. 24, 6:30 p.m., Christmas Eve

Candlelight Service (Protestant) Dec. 25, 11 a.m., Christmas Mass

North Oahu

Schofield Barracks Main Post Chapel Dec. 24, 5 p.m., Christmas Children's Mass (Catholic)

Dec. 24, 6:30 p.m., Candlelight Service (Protestant)

Dec. 25, 10:30 a.m., Christmas Mass (Catholic)

Jan. 1, 11:45 a.m., Mary Mother of God (Catholic)

Wheeler Army Airfield Chapel Dec. 24, 10 p.m., Christmas Eve Mass (Catholic)

Schofield Barracks Soldiers Chapel Dec. 24, 7 p.m., Christmas Eve

For questions about the holiday schedule, contact the chapel staff at

JEWISH CELEBRATIONS

A holiday Menorah lighting ceremony will be held, beginning at 6 p.m., Dec. 13, at the Schofield Barracks Main Post Chapel. This event includes the lighting, potato latkes and dreidels for all, followed by a movie for keiki.

For free menorah, candles and dreidels for active duty, call 348-4560.

Hanukkah Events

Chabad of Hawaii Synagogue, Ala Moana Hotel, 735-8161

Dec. 15, 8 p.m., singer-songwriter

Temple Emanu-El, Honolulu, 2550 Pali Highway, 595-7521

Dec. 14, 6 p.m., potluck followed

by services

Vets caution against pets as presents

Though rewarding, pets are a challenging commitment

SARAH PACHECO Staff Writer

SCHOFIELD BARRACKS — Surprising your loved one with a kitten or puppy may seem like the perfect present, especially if you dress it up

But an animal is a lifetime responsibility, and Army veterinarians, both here and nationwide, are urging prospective pet owners and pet-givers to think twice before making any decisions this holiday season.

"(Owning a pet) is definitely something not to jump into headfirst without communicating the decision with everyone in the household beforehand," said Capt. Emily Corbin, Public Health Command and officer in charge, Fort Shafter Veterinary Treatment Facility.

"People forget that cute little puppies and kitties grow up into dogs and cats," Corbin added. "At that point, they're no longer cute and the newness has worn off, and then you have a busy family stuck with a pet they may not have carved time out in their schedule for."

The most common thing people forget, according to Corbin, is that an animal is a longterm commitment, both emotionally and financially.

"The average lifespan of a dog is 10-15 years," she said; cats can live 13-17 years.

"A family must be prepared to care for the animal that entire time," Corbin said.

The yearly cost for vet visits (vaccinations, as well as heartworm and flea prevention) for a healthy, medium-sized dog is approximately \$250 at a military veterinary treatment facility. Add to that additional expenses like food, toys, training, grooming, pet-sitting and moving costs, and the bills quickly pile up.

"Puppies and kittens can also wreak havoc in the house and cause damage to expensive furniture," Corbin noted. "Even the most welltrained pets can have their moments.'

Other important things to keep in mind before acquiring a pet include:

Size and temperament of the animal -Animals grow fast, and within a few months that little ball of fluff can be as much as 10 times its current size. Do your research on pet breeds, keeping in mind average height,

Online Pet Information

For specific regulations on pets, post housing policies and Hawaii state and county laws, visit:

•www.garrison.hawaii.army.mil, under "Command Policies;"

•www.islandpalmcommunities.com; or

www.hawaiianhumane.org.

weight and how the breed gets along with children and other animals.

Lifestyle and exercise needs — Think about how much free time you have and how you like to spend it. If you're an active individual who's always on the go, a pet that requires a lot of upkeep might not be the best fit. Likewise, if you're sedentary, don't expect a dog with boundless energy to slow down for

Living environment

 Keep in mind proximity to parks/safe places to exercise your pet, stairs or other obstacles in

your home that may pose problems for smaller and/or older animals, and any rules about the types/breeds/number of animals you're allowed to have in your housing area (see "Pet Policies" for more).

Local and state regulations — Hawaii is unique in that it is the only U.S. state completely free of rabies. It also has a host of endemic animal and plant species. To keep the Islands rabies-free, and to protect its native

wildlife, the Hawaii government enforces strict quarantine laws and prohibits the sale/ownership of certain animal breeds and species, such as snakes, snapping turtles, ferrets, ham-

sters, gerbils and non-domestic dogs, cats and hybrids. Visit the

Hawaii state Department of Agriculture's website (http://hawaii.gov/hdoa/ ai/aqs/info) for full rules and guidelines.

Pre-existing health condi**tions** — Certain dog and cat breeds are notorious for health problems; for example, French bulldogs, though trendy right now, suffer from several congenital diseases and conditions, including thyroid, spinal and breathing issues. Be aware of what to look for and how much time/money these health conditions will cost, both now and in the future.

Breeders vs. adoption — The pet industry is a multi-billiondollar industry, with not-so-good people look-

ing to cash in on a quick buck, especially this time of year. Do your homework to know if you are buying from a reputable source. Or consider adopting from the local humane society or animal shelters.

'Adopting from a shelter is always a great idea," said Corbin, who owns a "mutt" she adopted from a Texas shelter. "Just remember: A pet is a long-term commitment."

Pet Policies

The Department of the Army has its own set of rules for tenants in Residential Communities Initiative housing developments that all residents into account. Rules were developed with input from current residents,

- •Tenants may not board/own any dog breed (including mixed-breeds) that is deemed "aggressive or potentially aggressive," unless the dog is a certified military working dog that is being boarded by its handler/trainer. Breeds include pit bulls (American Staffordshire Bull Terriers or English Staffordshire Bull Terriers), Rottweilers, Doberman Pinschers and Chows.
 - Tenants may not

board/own exotic animals, including but not limited to rodents (other than guiana pigs), pot-bellied pigs or any farm animal.

•Dogs that demonstrate

Don't get wrapped up in those

long after the holidays are over.

puppy-dog eyes; a pet is the gift that

keeps on giving (for better or worse)

unprovoked barking, growling, snarling or any other aggressive behavior, despite the breed, are not allowed in on-base residencies. In addition, all cats and

dogs residing or visiting U.S. Army Garrison-Hawaii installations for more than 14 days must:

•Be registered with the Schofield Barracks or Fort Shafter Veterinary Treatment Facility:

•Be registered with the Island Palm Communities community center, if kept in IPC housing;

•Receive all required immunizations;

•Have a microchip ID implanted under the animal's

•Wear pet collars with ID

•Be leashed or controlled within a pet carrier/cage

Pet abandonment is not an option and is illegal.

Missing pets must be reported to the Directorate of Emergency Services' Animal Control officer and game warden within 24 hours. An animal not reported missing within this timeframe will be

Also, providing food, wa-

take the safety and welfare of garrisons and headquarters.

- - and rabies tags; and

while in public areas.

considered abandoned.

ter or shelter to stray, feral or wild animals is prohibited on base. The DES Animal Control officer and game warden are responsible for the safe capture and removal of these animals.

B-4 | DECEMBER 14, 2012 HAWAII ARMY WEEKLY COMMU

FORT SHAFTER HOLIDAY CHEER



Staff Sgt. Gaelen Lowers | 8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Santa and Mrs. Claus wave at passersby during the Fort Shafter Christmas Tree Lighting Ceremony, on Palm Circle, here, Dec. 6, hosted by Maj. Gen. Stephen Lyons, commander, 8th Theater Sustainment Command



Sgt. Daniel Crabtree (left), administrative assistant to the commander, 8th TSC; his wife, Carmen; son, Noah, 2; and daughter, Emma, 3, enjoy the the Fort Shafter Christmas Tree Lighting festivities.



The 25th Infantry Division Lightning Jazz Project perform Christmas songs and spread holiday cheer during the Fort Shafter Christmas Tree Lighting Ceremony.

'Walk' supports school

Story and photo by **STAFF SGT. GAELEN LOWERS**8th Theater Sustainment Command
Public Affairs

AIEA — Ensuring that their partnership school has the best resources to educate their students, and keeping up with their commitment, the Soldiers of the 8th Special Troops Battalion, 8th Theater Sustainment Command, participated in Webling Elementary School's Walk for Technology, Friday.

The annual event held on the school's grounds raises anywhere from \$5,000 to \$10,000 for the maintenance of Webling's technology department.

"This is an annual school-wide fundraiser for the students and our technology program," said Sherry Yamada, principal of Webling Elementary School. "The majority of the money goes to maintenance of our equipment: laptop batteries, toner, program licenses and anything that can be applied to technology. (The Soldiers) have been helping us with this annual event every year I have been here, and that's almost seven years now."

And Soldiers love doing it, said Maj. Michael Kim, executive officer, 8th STB. The unit never has a shortage of volunteers to participate in school events.

"This is our partnership school," he continued. "We show up to every event possible and even host a few of our own.

Our Soldiers love to come here and help out the kids and the school wherever possible."

sible."
The students received donations from friends, family and neighbors. They walked around the school grounds and were sprayed with water by their parents

and the Soldiers.

"It's how we provided them motivation and kept them going," said Spc. Elizabeth Vielma, support operations for the 8th TSC, jokingly. "This was a fun event that supports the school and its children."

In addition to funds for the technology department, the walk-a-thon promoted good health because of the physical exercise incorporated in it.

"Their main mission is always the physical fitness of our students, so this walk-a-thon promotes that too because we walk for about two hours," said Yamada. "It goes along with their physical fitness program that the Soldiers run at the school."

The 8th STB and the school are already planning for their next joint event, which is their annual fall festival.

"The kids love when the Soldiers show up," said Yamada. "The kids have developed friendships with particular Soldiers, and they get to see them weekly. They consider us and the school one of their top priorities. We are very fortunate to have them."



Soldiers from the 8th STB, 8th TSC, lead Webling Elementary School students in warm-up exercises before their annual Walk for Technology Walk-a-Thon, at the school, Friday.



Sharon Nakai | Outdoor Recreation; Community Recreation Division; Family and Morale, Welfare and Recreation

HALEIWA — Spc. Henry Caldera, 643 Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, holds a rescued green sea turtle, Monday. Caldera was kayaking with Sharon Nakai, an instructor with Family and Morale, Welfare and Recreation, when they encountered the young turtle, tangled in crab nets in the Anahulu River. Their quick response helped save the turtle from being strangled underwater by the netting.

PT evolves into rescue operation

Pau Hana Editor

SCHOFIELD BARRACKS — Monday's scheduled physical training session was already memorable for members of the 643 Company, 84th Engineer Battalion, 130th Eng. Brigade.

For exercise, they were kayaking on the North Shore, from Haleiwa along Anahulu River, when Spc. Henry Caldera of 643 Co. helped rescue a drowning green sea turtle.

That's when the morning kayak excursion evolved into something more significant.

"We were instructed to notice the floaters (crab line net buoys) by our instructor (Sharon Nakai)," said Caldera.

About 7:30 a.m., a crab-trap floater was bobbing aggressively and caught their attention. A young green sea turtle was hopelessly tangled in the underwater netting. When Caldera and Nakai, an Outdoor Recreation instructor for Family and Morale, Welfare and Recreation, lifted the approximately 35-pound turtle onto the kayak, they quickly noticed the crab net was strangling the struggling and stressed creature.

"He (the turtle) took three nice gasps of air when we cut the netting away from his neck," Caldera said. "He calmed down

Nakai, an FMWR instructor, then immediately initiated important next-steps. Coordinators of the Outdoor Recreation program contacted the sea turtle "stranding" hotline, run by the National Oceanic and Atmospheric Administration. NOAA

Marine Turtle Research Program To report shoreline strandings of dead, sick or injured sea

turtles, call the Oahu strandings hotline at 983-5730.

support teams immediately set up a rendezvous point in Mililani to take responsibility for the turtle, a threatened species, but also a species that has been repopulating impressively in recent years in Hawaii.

"We like to point out the sea turtles as they go out to sea during the early morning hours," said Nakai, who has worked for Outdoor Recreation for five years. "In a 15-minute span, one time, I counted 35 turtles going out to sea."

By 9:30 a.m. Wendy Marks, a NOAA marine turtle stranding associate, took command of the young turtle, whom officials estimated was 10 to 15 years old.

"This is fantastic," said Marks, who quickly assumed responsibility, adding that many calls NOAA receives are for sea turtles that have already died or are in dire condition. The quick response, in this case, is aiding a speedy recovery,

NOAA officials indicated. After further removal of crab line netting followed by treatment, the turtle was tagged and released Tuesday by members of the Marine Turtle Research Program.

"It was being strangled," Caldera said. "We thought it was going to die."

NOAA officials say they encourage members of the general public to contact their Oahu strandings hotline whenever a turtle in distress is spotted.

Green Sea Turtles

Learn more about the green sea turtle by visiting these

•www.pifsc.noaa.gov/psd/mtrp;

www.turtles.org;

•www.HPA.edu/turtle.html.



Human Animal Bond Program among offerings at TAMC

Film premier will feature therapeutic benefits of animals, laughter

GENIE JOSEPH Contributing Writer

HONOLULU — To help promote resiliency among staff members, the Pacific Regional Medical Command's Care Provider Support Program will premier "Dogs are Healers," at Tripler Army Medical Center, here, Dec. 20, at noon.

The short film focuses on the healing effect animals can have not only on patients, but also on health care professionals.

At Tripler, the American Red Cross administers the Human Animal Bond Program, which allows handlers and their furry companions to visit patients and staff at the hospital. These visits raise morale and increase resiliency, which help patients heal faster and help staff avoid fatigue and possible burn-out.

"I get as much out of these visits as the patients," said Liane Otsuka, a volunteer dog handler. "When you can visit a child in the hospital and make them feel safer and more relaxed, it is just such a good feeling."

Otsuka said she is owned by her dog, Indiana Jones, more so than vice versa. Indiana, more commonly known as Indy, was recently named the 2012 American Red Cross Animal Hero of the Year.

In order to qualify for participation in TAMC's Human Animal Bond Program, animals must pass all required health tests, a good citizenship test, and a host of other special behavioral tests to make sure they are the right match for a busy hospital environment.

Handlers must also go through Tripler's employee orientation and the American Red Cross qualification process.

Capt. Emily Corbin, a veterinarian who works at Fort Shafter, puts prospective candidates through a series of tests to make sure they don't startle as a result of sudden loud noises, don't react aggressively and, generally, are good ambassadors of love.

"It's great when you see a patient who maybe hasn't been interacting with staff, just light up when an HAB dog comes into the room," Corbin said. "This is a real warmand-fuzzy program."

> Several studies show the benefits of working with animals in a therapeutic environment.

Animals can help lower blood pressure, decrease stress, improve mental outlook, shorten hospital stays and increase engagement.

The June 2012 issue of the Army Medical De-

See TAMC, B-7

Photo courtesy Liane Otsuka

Indiana Jones, aka Indy, and owner, Liane Otsuka, bring cheer regularly to patients at TAMC, through the Human/Animal Bond Program. Indy was recented named American Red Cross Animal Hero of the Year.

Balancing holiday cheer, responsible driving urged

BETH ANN CAMERON

U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — The holiday season is the time of the year when drunken and impaired driving accidents are most prevalent.

Drug and alcohol use impair judgment, delay reaction times and can result in deadly consequences when driving.

December is National Drunk and Drugged Driving Prevention Month, a time to raise awareness about the consequences of driving under the influence of alcohol and drugs. Most people would never imagine that their holiday celebration could result in a fatality or imprisonment, but the risks associated with driving while impaired are very real and can result in tragic consequences for everyone involved.

According to the National Highway Traffic Safety Administration, drugs (for example, marijuana and cocaine) are involved in about 18 percent of motor vehicle driver deaths. Drunken driving accidents account for 31 percent of all motor vehicle accidents, and thousands of drivers and passengers lose their lives each year because of drunken and drugged driving.

Alternatives

The following list includes a few simple tips

for celebrating and driving safely this holiday season:

•Designate a non-drinking driver ahead of

•If drinking alcohol at a party or other celebration, allow at least one hour between drinks. It takes one hour to get rid of one drink from your body (one drink is equal to a 12-ounce beer, 5-ounce glass of wine or 1½-ounce shot of liquor).

•Set limits beforehand of the number of drinks to have and stick with it.

•Alternate drinking alcoholic beverages with soda, juice or water — and eat food.

•Don't mix alcohol with other drugs, including over-the-counter and prescription medications.

•Don't ride with someone who is impaired. Use other means of transportation, such as a taxi, public transportation or driver who is sober.

The Party Host

If you are hosting a party, here are some steps to help your guests drive safely:

•Plan ahead and designate a sober driver for guests.

•Collect each guest's keys upon arrival and store in a designated basket.

•Serve foods along with alcohol-free bever-

• - Zero drinks, if you're under the age of 21
• - Zero DUIs (driving while under the influence)

• One drink per hour

• No more than three drinks of alcohol per outing

ages, such as soda, juice or water.

•If making an alcoholic punch, use fruit juice instead of a carbonated drink. Alcohol absorbs faster into the blood stream when mixed with carbonated drinks.

•Stop serving alcohol 1-1½ hours before the party actually ends.

Preventing Loss of Life

If you take a medication that makes you drowsy, do not drive. Have someone drive you.

During Drunk and Drugged Driving Prevention Month, recommit yourself to preventing the loss of life by reminding others to be sober and drug-free, and by using safe driving practices on the road.

Drink responsibly, drive responsibly and en-

courage family members, friends and co-workers to be safe and responsible drivers for the holidays and beyond.

Learn more about Impaired Driving

For more information, visit the following websites:

National Highway Traffic Safety Administration, www.nhtsa.dot.gov/Impaired;

•U.S. Centers for Disease Control and Prevention, www.cdc.gov/Motorvehicle safety/Impaired_Driving/index.html;

•Mothers Against Drunk Driving, www.madd.org/feature-stories/decem ber/december-is-national-drunk.html.

m il.

Reducing holiday stress requires adapting and planning

LARA SMITH

TriWest Healthcare Alliance

It's supposed to be the most wonderful time of the year. Yet for many, it's anything but that. "If the holidays have you overwhelmed, you

are not alone," says Kristin Musch, educator, TriWest Healthcare Alliance Behavioral Health. "Expectations are high, to-do lists are long and, often, the budget is tight, which can result in sadness, anger, frustration and resentment."

But there's good news! Stress can be reduced, allowing you to actually enjoy this time.

"The key is to plan ahead," explains Musch.

Eight tips for a stressfree holiday season

1- Check your expectations. Are they higher now than at other times during the year? Ask yourself why.

The holidays don't have to be perfect. Find a way to incorporate a few rituals that bring you happiness and comfort. Fewer expectations can lead to greater appreciation and enjoyment.

2- Manage your time. Schedule specific days and times for shopping, baking, wrapping and other holiday commitments. Make sure that what you are doing is important to you. Plus, add in some scheduled down time for reading, watching a movie or taking in a favorite bobby.

3- Just say no. This season is not the time to take on extra projects at home, school or for others. Know your limits and stick to them

Productivity expert David Allen has sage advice on this topic: "You can do anything, but not everything."

4- Move it. Feeling overwhelmed? Exercise is one of the best ways to relieve stress, said Musch. The few minutes you take to get in a walk, rake some leaves or go for a run will clear and calm your mind.

Include your kids or other family members in your activities.

5- Indulge carefully. Whether gift shopping, snacking on tasty holiday treats or celebrating with cocktails, make sure to do it all in moderation. The indulgence now could leave a sour taste in your mouth when that credit card statement or scale presents you with a number you weren't

expecting.

6- Keep visions of sugar plums dancing in your head. That's right. Sleep is a must during this busy time. It will restore your energy,

Managing Stress

For more tips on managing stress, visit TriWest.com/BH.

ward off illness and keep your head clear during a time of year when we all have a lot on our minds.

7- Laugh it up. All work and no play makes Jack a dull boy, the saying goes. Surround yourself with people and activities that bring a

smile to your face. And be sure to stay away from those that bring you down.

8- Focus on the haves, not the have-nots. Author Melody Beattie may have said it best, "Gratitude turns what we have into enough."

Every day there is something for which to be grateful. Whatever that is, however small it is, identify it, share it, write it down. When we focus on what we have, it truly becomes enough.

COMMUNITY HAWAII ARMY WEEKLY DECEMBER 14, 2012 | B-7

Greatest: Dec. 7 recalled

CONTINUED FROM B-1

tacked Pearl Harbor with more than 350 bombers and torpedo planes, launched from six aircraft carriers. They sank 12 ships and destroyed 188 aircraft — killing 2,402 American service members and wounding another 1282.

A day that changed lives forever

That day was more than just a horrible tragedy in American history. For many, it was a learning experience. Many service members were in their late teens and early 20s — boys, who were expected to react, understand and even lead like experienced men.

"Many began that day as boys, but quickly became men," said Clower. "It wasn't a choice; it wasn't an option. It was just one of the things we faced and dealt with. We were thrust into manhood, and we all grew up that day."

Some survivors have difficulty talking about that fateful day. Some are seemingly still numb, and some remember it like it was yesterday. However, with the average age of these survivors in the mid-90s, and since every year fewer are able to make the trip to Pearl Harbor, these stories may soon be lost forever.

"It was just a day of luck," said Stan Swartz, an infantryman with the 24th ID. "The man standing to my left or right could have died, but I made it. I was lucky. I didn't lose any friends in the attack or after when we went to fight in Guadalcanal."

In his speech during the Pearl Harbor Memorial Parade, Air Force Maj. Gen. Kelly McKeague, commander, Joint POW/MIA Accounting Command, remarked that he believes these men were truly the greatest generation, but that the young men and women who stood before him in formation were the new greatest generation.

Rear Adm. Fernandez Ponds, commander, Naval Surface Group Middle Pacific, echoed these thoughts when he told the survivors and veterans, "You are relieved; we have the watch."



Staff Sgt. William Sallette | 25th Infantry Division Public Affairs

WAIKIKI — Pearl Harbor survivors and members of the Greatest Generation Foundation render a salute as the colors are posted during the Pearl Harbor Memorial Parade at Fort Derussy Park, Friday.

TAMC: Dogs offer healing

CONTINUED FROM B-5

partment Journal devoted its entire issue to canine-assisted therapy in military medicine, with 16 articles reporting beneficial results.

"Interacting with animals is great for staff," said Richard Ries, resiliency subject matter expert, Care Provider Support Program, PRMC. "Just taking a moment to pause and pet a dog helps providers re-charge mentally and physically. Then, they are better prepared for their next task.

"Sharing a moment of love with a four-footed friend can really bring you into the present," Ries added. "Bringing a smile to your face is good medicine."

Three other films will be shown during the "Dogs are Healers" premier. They will highlight the therapeutic benefits of working with horses; raising chickens; and Act Resilient, a training program that uses laughter and encourages working with animals as part of an overall wellness program.

Though the film program starts at noon, several handler-dog teams from Tripler's Human Animal Bond Program will be dressed in their holiday best to take photos outside the Oceanside entrance, beginning at 11:30 a.m.

Before the film premiere starts, children from the Nix Performing Arts Center will perform. The film premiere is open to the public, and upon completion of the films, several subject-matter experts will speak on resiliency and the healing effect of animals

effect of animals.

PRMC employees will receive credit for attending the event if they register in the Training Event System, or TES,

(Editor's note: Genie Joseph is an American Red Cross volunteer with the Pacific Regional Medical Command's Care Provider Support Program.)

Film Premier

What: "Dogs are Healers" presentation When: Thursday, Dec. 20, noon Where: Tripler Army Medical Center

Who: Open to the public; includes children's performance and photos with dogs at 11:30 a.m., plus three other film premiers.



CONTINUED FROM B-2

Friday of the month, enjoy a Hawaiian luau lunch buffet at the FS Hale Ikena dining room or SB Kolekole Bar & Grill for \$12.95. Call 438-1974 (FS) or 655-0660 (SB).

31 / Monday

New Year's Eve Bowling — Food, music and fun help ring in 2013 at SB and FS Bowling Centers. Reserve lanes at 655-0573 (SB) or 438-6733 (FS).

January 1/Tuesday

New Year's Day — The following FMWR facilities will be closed as staff members observe the New Year's

holiday:
•Hale Ikena, Mulligans,
Nehelani and Kolekole din-

ing facilities;CYSS services and offices;

•Schofield, Wheeler and Fort Shafter bowling centers and snack bars;

•SB Leilehua golf course is open, 6:30 a.m.-2 p.m.;

•FS Nagorski golf course will be closed.

For more information, visit HiMWR.com.